

# Winter/Spring 2018 Program Guide

## Abbotts Creek Community Center

### Preschool & Youth Programs

#### Abbotts Creek Sport Karate (5yrs and up)

Abbotts Creek Sport Karate will increase core training, bring sport into the field of martial arts to compete at the highest level while also improving balance, hand eye coordination, confidence, and respect. Looking for something to do with your child? Parents are welcome to sign up too! Starting this summer, Sport Karate will divide in to beginner and advanced classes. Instructor is Frank Pierce.

#213225	Jan 3-24	W	6:30-7:30pm
#213226	Feb 7-28	W	6:30-7:30pm
#213227	Mar 7-28	W	6:30-7:30pm
#213228	Apr 4-25	W	6:30-7:30pm

**Course Fee: \$40/4 classes**

#### Arts, Crafts & Activities (2-5yrs)

Join your friends at Abbotts Creek Community Center for crafts, games, and activities to celebrate a different theme each month! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games! Class will resume its regular 1st Wednesday of the month schedule in September.

##### Little Picasso's

#213167	Jan 3	W	10:00-10:45am
<i>The Cat in the Hat</i>			
#213168	Feb 7	W	10:00-10:45am
<i>Things That Fly</i>			
#213169	Mar 7	W	10:00-10:45am

**Course Fee: \$8/class**

#### Lil Kicks Karate (3-5yrs)

Children will gain the edge by learning American Karate, the kid-friendly way to develop the important skills necessary to make the right choices. they learn life skills to help them succeed. Students will also practice physical techniques to develop motor skills, coordination, and just plain have fun while learning at the same time. Instructor is Frank Pierce.

#213175	Jan 3-24	W	5:30-6:00pm
#213176	Feb 7-28	W	5:30-6:00pm
#213177	Mar 7-28	W	5:30-6:00pm
#213178	Apr 4-25	W	5:30-6:00pm

**Course Fee: \$28/4 classes**

#### smALL Stars - All Sports (3-5yrs)

Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#213198	Apr 5-26	Th	4:45-5:30pm
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**Course Fee: \$40/4 classes**

#### smALL Stars - Baseball (3-5yrs)

Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#219828	Mar 2-23	M	4:45-5:30pm
#213212	Apr 2-23	M	4:45-5:30pm

**Course Fee: \$40/4 classes**

#### smALL Stars - Basketball (3-5yrs)

Introduce your future all-star to basketball in this fun and engaging look at basketball for preschoolers. Your child will learn the basics of basketball while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#213215	Apr 3-24	Tu	4:45-5:30pm
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**Course Fee: \$40/4 classes**

#### smALL Stars - Soccer (3-5yrs)

Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork.

#213217	Apr 4-25	W	4:45-5:30pm
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**Course Fee: \$40/4 classes**

### Adult Programs

#### Cardio Sculpt

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

##### Tuesday morning

#215452	Jan 2-30	Tu	9:30-10:15am
#215453	Feb 6-27	Tu	9:30-10:15am
#215454	Mar 6-27	Tu	9:30-10:15am
#215455	Apr 3-24	Tu	9:30-10:45am

##### Thursday morning

#215456	Jan 4-325	Th	9:30-10:15am
#215457	Feb 1-22	Th	9:30-10:15am
#215458	Mar 1-29	Th	9:30-10:15am
#215459	Apr 5-26	Th	9:30-10:45am

**Course Fee: \$8**

#### Simply Dancing

Want to learn how to Rumba? Simply Dancing is a 4-week class that allows beginners to learn how! Feel confident and comfortable on the dance floor while developing this fun for all ages dance! Join your friends at Abbotts Creek Community Center for a comprehensive and fun way to 'step' into the world of dancing!

#216962	Jan 9-30	Tu	6:30-7:30pm
#216963	Feb 6-27	Tu	6:30-7:30pm
#216964	Mar 6-27	Tu	6:30-7:30pm
#216968	Apr 3-24	Tu	6:30-7:30pm

**Course Fee: \$40/4 classes**



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parks.raleighnc.gov

**Abbotts Creek Community Center**

9950 Durant Rd.  
Raleigh, NC 27614  
(919) 996-2770



## Adult Programs

### Functional Fitness for Everyday Living (18yrs and up)

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This is full-body workout that will focus of muscle endurance and total body stability. In this class you will be encouraged to move at a slower pace to ensure that proper form is followed and that you 'feel' your workout. Class will resume it's regular Friday sessions in September.

#### Wednesday morning

#215444	Jan 1-31	W	9:30-10:15am
#215445	Feb 7-28	W	9:30-10:15am
#215446	Mar 7-28	W	9:30-10:15am
#215447	Apr 4-25	W	9:30-10:15am

#### Friday morning

#215448	Jan 5-26	F	9:30-10:15am
#215449	Feb 2-23	F	9:30-10:15am
#215450	Mar 2-23	F	9:30-10:15am
#215451	Apr 6-27	F	9:30-10:15am

**Course Fee: \$8/1 month of classes**

### Mindful Eating: Understanding Your Relationship with Food (16yrs and up)

The way you eat can be just as important as what you eat when you're trying to achieve or maintain a healthy weight. We will present evidence to demonstrate why 'dieting' doesn't work and share some mindful eating strategies to help you stay on track. Come learn about tools such as the Hunger-Fullness Scale and participate in a yummy taste awareness exercise.

#213891	Jan 2	Tu	6:30-7:30pm
#219829	Feb 6	Tu	6:30-7:30pm
#219830	Mar 6	Tu	6:30-7:30pm
#219831	Apr 3	Tu	6:30-7:30

**Course Fee: \$10/class**

### Slow Flow Yoga (16yrs and up)

This slow-flow and restorative yoga class is suitable for beginners and intermediate participants alike. Explore the synthesis of movement, breath and energy. We begin with a gentle warm-up before transitioning into more challenging poses designed to build strength, balance, flexibility, stress relief and composed calm. You will learn to honor and work with your individuality, experiencing for yourself the yogic wisdom of 'unity through diversity.' Students should bring a yoga mat and towel to class.

#213193	Jan 4-25	Th	6:15-7:00pm
#213194	Feb 1-22	Th	6:15-7:00pm
#213195	Mar 1-22	Th	6:15-7:00pm
#213196	Apr 5-26	Th	6:15-7:00pm

**Course Fee: \$40/4 classes**

## Drop in Fitness Opportunities

**All drop in fitness opportunities are \$5/class and are registered on site before class begins.**

### Cardio Fuze (18yrs and up)

Our bodies were made to move! This easy to follow class is designed to make you sweat, get your heart rate up, and burn some calories! Our total-body workouts combine both cardio and strength conditioning. You will see and feel results in a high-energy, music-filled environment where every class feels new, fun, and exciting! Instructor is Erica Ray

Saturdays: 9:15-10:00am

### CardioKick (18yrs and up)

CardioKick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Thursday evenings for only \$5! Instructor is Shontera Gillespie-Coleman.

Thursdays: 6:30-7:30pm

### Soul Line Dance & Get Fit (18yrs and up)

This is a beginner/advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. We will learn and practice some great cardio workouts and low, medium and high-impact soul line dances. Come prepared to move, sweat and have fun! Class meets every Sunday.

Sundays: 3:00-4:30pm

### JKC Self Defense (12yrs and up)

Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced martial artists can benefit too! Instructor is Amy Benevento.

Monday's: 7:15-8:15

### Zumba® (12yrs and up)

Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba, and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer - join the Zumba® fun!

Wednesdays: 7:00-8:00pm



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To view a complete list of programs pick up a Leisure Ledger or visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and search keywords "Parks Publications".





## Free Open Play/Gym Opportunities

### Game Time for Active Adults (18yrs and up)

Looking for a place to play a hand of cards, put down a 'Tans' in Mahjong, or hit a hole in one in a round of digital golf on a Wii? Join your friends at Abbotts Creek Community Center for games and socializing every Tuesday and Wednesday afternoon.

Tuesdays and Wednesdays from 1:00-3:30

**Course Fee: Free**

### Senior Open Play Basketball (40yrs and up)

Join fellow active adults in your area for a game of hoops each Monday evening at Abbotts Creek Community Center! ID is required. Play starts at 6:30pm in March!

Mondays 6:30-8:30pm

### Tot Time (5yrs and under)

The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration (online or on site) is required to attend.

Mon/Wed/Fri 7:00-12:00pm  
Tues/Thurs 1:00-3:00pm

### Open Play Volleyball (All ages)

Interested in volleyball? Visit Abbotts Creek Community Center on Friday nights for volleyball open gym meet up. Returning to Abbotts Creek in the Spring - check with the front desk for a schedule.

Friday evenings

### Young Athletes

Special Olympics Young Athletes is a sport and play program for children with and without disabilities that introduces basic sport skills like running, kicking and throwing. This program will be facilitated by an instructor, but caretakers are asked to stay at the program and assist their child as needed. For more information, please call 919-996-2147.

Saturday's April 14-May 19 9:30-10:30am

## Fitness Center

### Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is open during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

**Monthly Pass: \$15; Daily Pass: \$2**

## Did you know?

### Abbotts Creek Community Center is for everyone!

Our community center is YOUR community center! No membership fees or dues are required to have access to the center! All programs, activities, and spaces are available to anyone at a reasonable price! Talk with Center staff for more information on what we offer!

### We want to hear from you!

Abbotts Creek staff love receiving feedback! Please let us know if you have ideas for how we can better serve you! Send us an email ([Abbotts.Creek@RaleighNC.gov](mailto:Abbotts.Creek@RaleighNC.gov)), call us (919-996-2770), or drop by (9950 Durant Rd.). We also have a feedback board located in the lobby!

### Abbotts Creek Greenway Connection

The Abbotts Creek greenway connection is open! Check it out!

### Rentals

Abbotts Creek has multiple indoor and outdoor locations available for rent. See the next page for details.

### Open play

Abbotts Creek has many free open play opportunities available to patrons. Grab a calendar from the front desk for the monthly schedule! Offerings include Senior, Adult, and Youth/Family Basketball, Volleyball, Tot Time, and others.

### Drop in classes

Don't have the flexibility in your schedule to commit to a multiple session class? That's ok! We have multiple drop in classes available to you for the price of \$5/ session! Take a look at page 2 for a list of opportunities!

### Summer camp is coming!

Don't forget to sign up on February 6th at 5:30am!

## Family Opportunities

### Movie in the Park (All ages)

Come out to Abbotts Creek Community Center for a movie in the park! Bring a towel or blanket and a snack. We will supply a family-friendly movie! Looks like rain? Don't worry. We have a backup plan! Preregistration is requested but not required.

#219781 May 4 F 7:00-9:00pm

**Course Fee: Free**

### Egg Hunt

Come out to Abbotts Creek Community Center on Saturday, March 24th for a fun-filled morning! Check with the center to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required.



# Abbotts Creek Community Center Rental Information

Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.

## Multipurpose Room

**Rental Rate:** \$70 per hour (2 hour minimum)

**Maximum capacity:** 136

**Square Footage:** 56' x 23'

**Attributes:** Sink, counters, TV, projector/screen



## Classroom

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 42

**Square Footage:** 26' x 35'

**Attributes:** Dry erase board, TV, sink



## Fitness Studio

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 44

**Square Footage:** 26 x 29

**Attributes:** Upstairs, mirrors, TV



## Gymnasium

**Rental Rate:** \$80 per hour (2 hour minimum)

**Maximum capacity:** 325

**Square Footage:** 82' x 102'

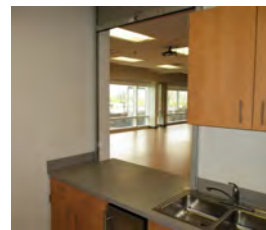
**Attributes:** Air conditioning, wood floor, 6 basketball goals, volleyball nets available



## Warming Kitchen

**Rental Rate:** \$20 per hour (2 hour minimum)

**Attributes:** Microwave, refrigerator, stove, oven, stand alone ice maker, connects to Multipurpose Room with serving counter.



## General rental fees

**Non-refundable Application Fee:** \$15

**Security/Damage Deposit:** \$100

**Supervisory Fee:** \$20/hour (before/after center operating hours)

**Start application process:** 919-996-2770 or

[Abbotts.Creek@raleighnc.gov](mailto:Abbotts.Creek@raleighnc.gov)



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Classes are being added frequently — be sure to keep an eye on the Abbotts Creek website for updated class offerings!

Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center.

